

Dietary Program For Steven Spencer - Maintenance (P25% - C37.5% - F37.5%)

Daily Caloric Intake **2040** | Grams of Daily Protein **127.5** | Grams of Daily Carbohydrate **191.3** | Grams of Daily Fat **85.0**

3 meals per day

42.5 grams of protein per meal | **63.8** grams of carbohydrates per meal | **28.3** grams of fat per meal

Select Day:

Day 1

DAY 1

Day 1 | Meal 1 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 2 egg whites	5 oz.	140	33	0	6	116	0	

Day 1 | Meal 2 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
shrimp,broccoli stir fry	1.5 cups	336	39	18	11	645	3	
Spelt	.5 cup	100	5	26	1	4.9	5	
Beans, snap, yellow	1 cup	135	2	9	0	NaN	2	
sunflower oil	1 tbsp.	14	0	0	14	0	0	

Day 1 | Meal 3 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken with pistachio orange sauce	8 oz.	220	35	13	14	112	9	
Tomato brown rice	5.5 oz.	158	3	33	1	58	0	
Sauteed green beans	5 oz.	142.5	2	10	0	8	2	

and mushrooms								
cashews	1 oz.	28	5	9	12	3.4	1	

DAY 2

Day 2 | Meal 1 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Omlete with .75 cup egg sibstitute, .5 cup vegetables, one slice reduced fat cheese and 100% whole grain English muffin	1 serving	242	42	40	8	724	2	
Fiber One Bran	.75 cup	40	3	34	1	140	0	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tblsp.	13.6	0	0	14	0	0	

Day 2 | Meal 2 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Grilled tandori tilapia	11 oz.	316	40	14	5	606	11	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	
Peas and onions	.5 cup	69	3	9	0	42	0	
pine nuts	1 oz.	28	4	4	19	1	1	

Day 2 | Meal 3 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck eye roast, boneless, America's Beef Roast	4.5 oz.	128	34	0	12	NaN	0	

Rice, white, long-grain, regular, cooked, enriched	1 oz.	158	4	45	0	2	0	
Vegetable medley	6 oz.	171.7	2	10	0	91	4	
Oil, sunflower, high oleic (70% and over)	1 tbsp.	14	0	0	14	0	0	

DAY 3

Day 3 | Meal 1 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole egg, 4 egg whites, 3 oz. tomato and onion on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	12	592	4	
Fiber One Bran	.75 cup	40	3	34	1	140	0	
Seeds, sunflower seed butter, without salt	1 tbsp.	16	3	4	9	0	2	

Day 3 | Meal 2 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garlic round steak with vegetables	10 oz.	280	36	11	6	92	5	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	
pistachios	1 oz.	28	6	8	14	160	2	

Day 3 | Meal 3 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 5 oz. shrimp cooked and 3	26 oz.	728	37	25	11	464	12	

tblsp. of Thousand Island dressing.								
Roasted chickpeas	3 oz.	85	5	22	1	297	0	
Mushrooms, oyster, raw	1 large	148	5	9	1	27	2	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

DAY 4

Day 4 | Meal 1 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Fiber One Bran	.75 cup	40	3	34	1	140	0	
Sacha inchi seeds	.25 cup	28	8	5	13	150	0	

Day 4 | Meal 2 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
6 oz. grouper on Ole Mexican Foods Xtreme Wellness High Fiber Spinach and Herb Tortilla with lettuce, tomato, and onion	1 wrap	213	38	18	3	400	0	
Zucchini and carrot bread	1 slice	74	3	24	1	183	11	
Bread, pumpernickel	1 oz.	28.35	2	13	1	169	0	
sunflower oil	1 tblsp.	14	0	0	14	0	0	

Day 4 | Meal 3 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
fish,cod, Atlantic, cooked dry heat	6 oz.	170	39	0	1	NaN	0	
Mashed potatoes	1 cup	242	4	35	7	741	1	
Rolls, pumpernickel	1 medium (2 1/2 in. diam.)	36	4	19	1	177	0	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tblsp.	13.6	0	0	14	0	0	

DAY 5

Day 5 | Meal 1 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 4 egg whites	7 oz.	196	41	1	6	361	0	

Day 5 | Meal 2 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Caesar chicken	5.25 oz.	150	30	14	24	599	4	
Spaghetti, whole-wheat, cooked	1 oz.	140	7	37	1	4	1	
Peas and onions	.5 cup	69	3	9	0	42	0	

Day 5 | Meal 3 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 5 oz. shrimp cooked and 2 tblsp. of vinegar and oil..	26 oz.	728	36	21	17	156	7	

Macaroni, whole-wheat, cooked	1 cup elbow shaped	140	7	37	1	4	1	
Keto broccoli cheese slow cooker soup	1 cup	210	10	4	20	370	9	

DAY 6

Day 6 | Meal 1 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole eggs, 5 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	17 oz.	476	42	34	14	437	6	
Barbara's Cinnamon Puffins	2/3 cup	30	2	26	1	150	6	
Sacha inchi seeds	.25 cup	28	8	5	13	150	0	

Day 6 | Meal 2 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz .grouper, cooked on 6 oz. wild rice.	10 oz.	280	35	35	3	69	1	
steamed soybeans	1 cup	94	8	6	4	9.4	1	
Squash, winter, baked	1 cup, cubes	205	2	18	1	2	7	
olive oil	1 tblsp.	14	0	0	13	0	0	

Day 6 | Meal 3 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chipotle marinated pork tenderloin	7 oz.	202	31	10	4	358	6	

Mashed sweet potatoes			3	30	0	96	1	
seaweed	1.5 cups	363	3	10	0	363	0	
Oil, sunflower, linoleic, (approx. 65%)	1 tblsp.	13.6	0	0	14	0	0	

DAY 7

Day 7 | Meal 1 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Vegan spicy Italian sausage	4.5 oz.	134.7	33	18	5	237	2	
Frosted mini wheat	1 cup	53	5	44	1	1.1	11	
Tahini	1 oz.	28	5	6	15	33	0	

Day 7 | Meal 2 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
chicken wing	3 wings	102	27	0	20	84	0	
Roasted chickpeas	3.25 oz.	92	16	52	12	59	9	
Mustard spinach, (tendergreen)	1 cup, chopped	180	3	5	0	25	0	

Day 7 | Meal 3 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 slices Mori-Nu tofu, silken, light, extra firm with 5 oz. whole wheat spaghetti	17 oz.	476	31	40	3	332	3	
Ezekiel 4:9 sprouted whole grain pasta fettuccine	2 oz.	56	9	39	2	10	0	

canola oil	1 tbsp.	14	0	0	14	0	0	